

**ABSTRACT**

A method of indexing and retrieving user specified frames during recording or playback of video images by providing a hard copy representation of such images which contain encoded frame location information for accessing the images on the recording medium. The invention also provides digital transfer of user selected frames on to a digital video disc so as to provide a sequence of selected frames. It further provides a mark in the header of the video disc to enable random access of a desired frame in the sequence of selected frames.